

FIG. 1

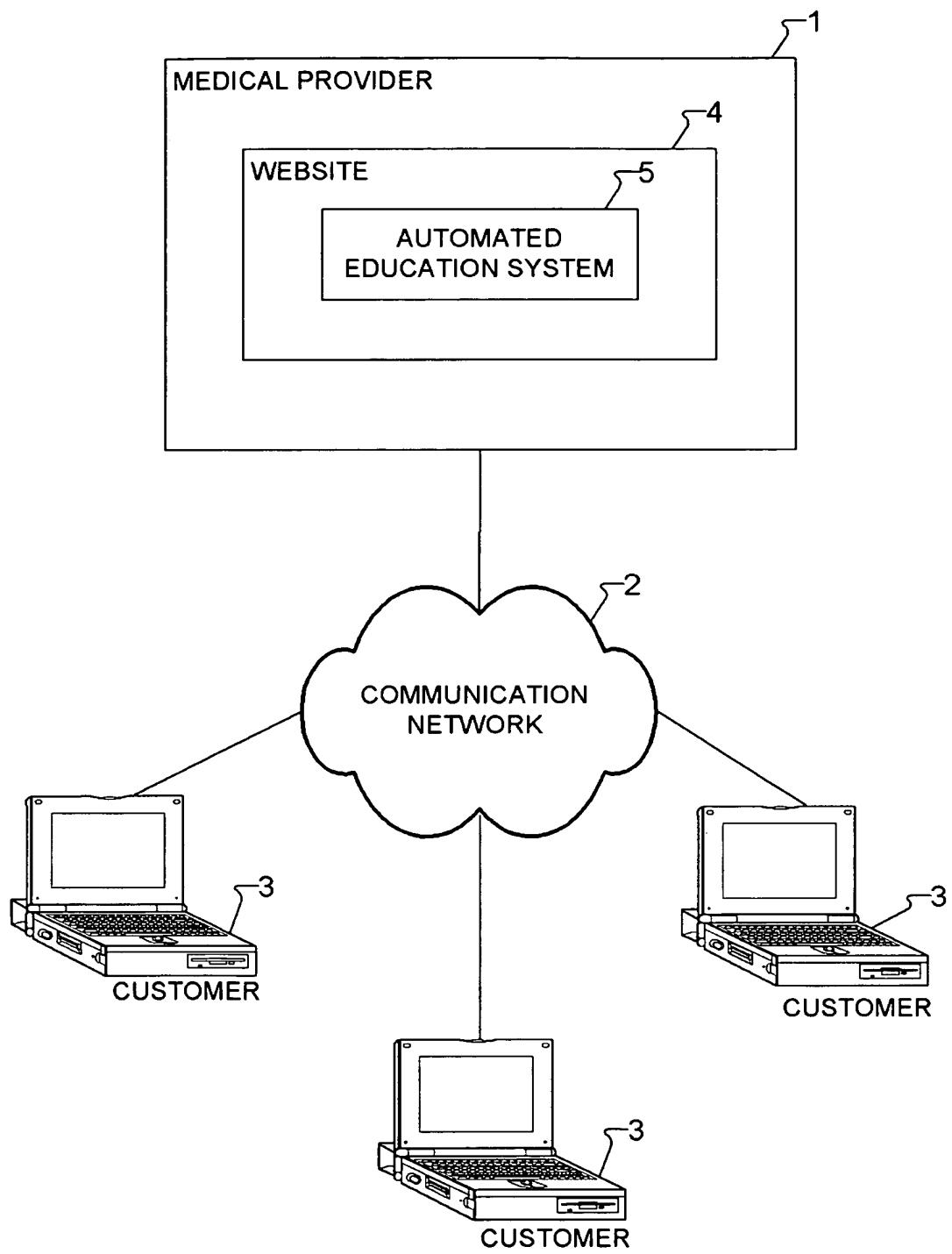


FIG. 2

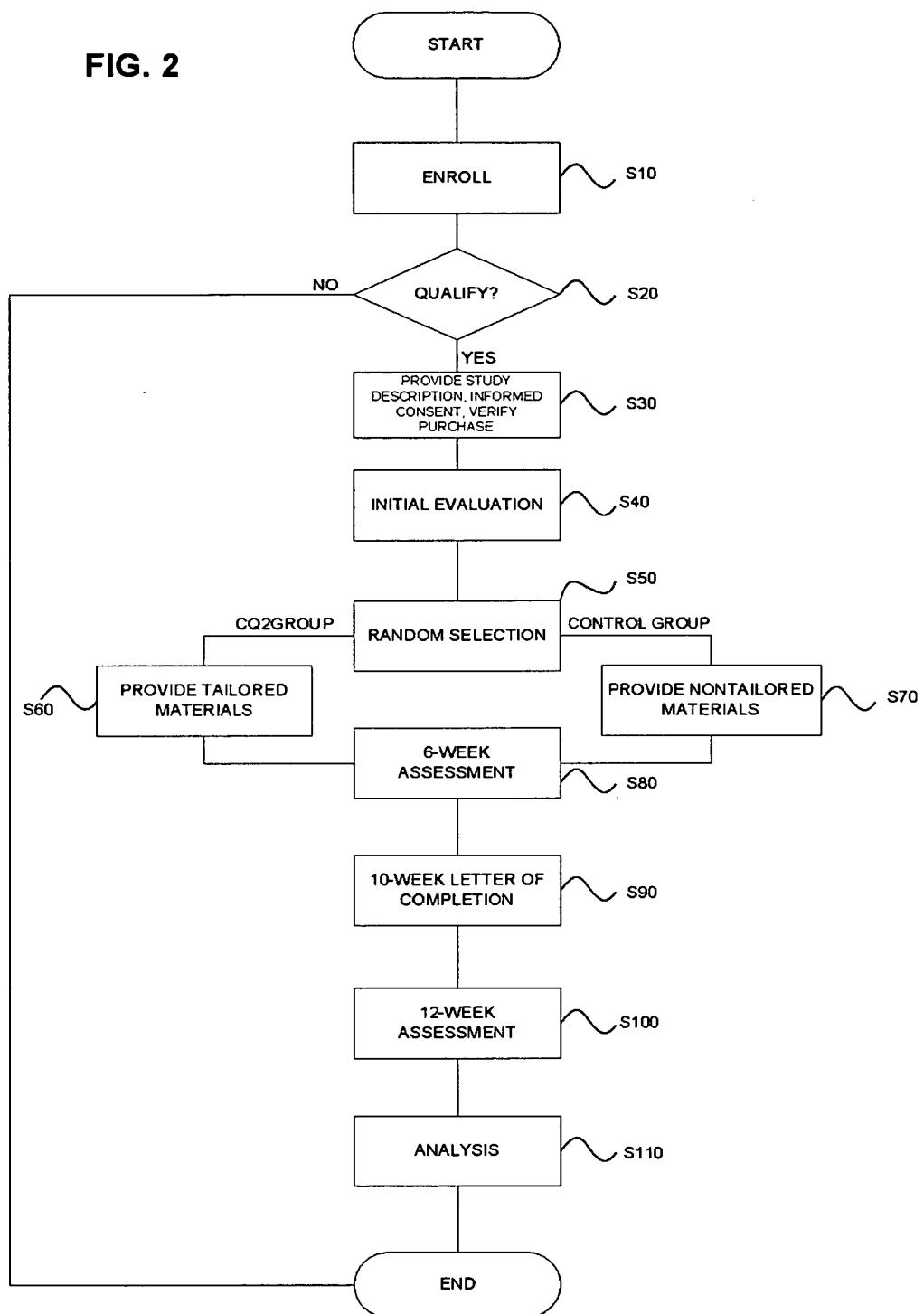


FIG. 3

6-WEEK ASSESSMENT

Have you smoked at all in the past 4 weeks?

- No, I have not smoked even a single puff
- Yes, I have smoked in the past 4 weeks

Have you smoked at all in the past week? (question for those who have smoked in past 4 weeks)

- No, I have not smoked even a single puff
- Yes, I have smoked in the past week

Did you read any of the Committed Quitters Stop Smoking Plan materials that were on the Internet?

- No, none of it
- Yes, a little
- Yes, most of it
- Yes, all of it

How often did you refer to the Committed Quitters Stop Smoking Plan materials that were on the Internet for help?

- Never
- Rarely
- Sometimes
- Often
- Very Often

Did you find the Committed Quitters Stop Smoking Plan material on the Internet helpful in keeping you from smoking?

- Yes, very helpful
- Yes, moderately helpful
- No, not very helpful
- No, not at all helpful

Did you find the Committed Quitters Stop Smoking Plan material easy to understand?

- Yes, very easy
- Yes, moderately easy
- No, not very easy
- No, not at all easy

Did you find the Committed Quitters Stop Smoking Plan material relevant to you personally?

- Yes, very relevant
- Yes, moderately relevant
- No, not very relevant
- No, not at all relevant

Are you still using your nicotine patches?

- Yes, every day
- Yes, most days
- Yes, some days
- No

Did you use any other products or aids for quitting smoking a part from the NiQuitin CQ patch? (Choose all that apply)

- Another nicotine product (e.g., gum)
- Counselling from a stop smoking advisor
- Group stop smoking treatment
- Zyban®
- A book or leaflet
- Other

How many packs of each of the patch steps have you purchased as part of this quit attempt?

_____ 21 mg 14 day (Step 1)

_____ 21 mg 7 day (Step 1)

_____ 14 mg 7 day (Step 2)

_____ 7 mg 7 day (Step 3)

Would you recommend this Internet-based smoking cessation program to others wanting to stop smoking?

- Yes, definitely
- Yes, probably
- No, probably not
- No, definitely not

Do you think you will give this Internet program another try in the future? (question for those who returned to smoking)

- Yes, definitely
- Yes, probably
- No, probably not
- No, definitely not

FIG. 4

12-WEEK ASSESSMENT
Have you smoked at all in the past 10 weeks?
<input type="checkbox"/> No, I have not smoked even a single puff
<input type="checkbox"/> Yes, I have smoked in the past 10 weeks
Have you smoked at all in the past week? (question for those who have smoked in past 6 weeks)
<input type="checkbox"/> No, not even a puff
<input type="checkbox"/> Yes, I have smoked in the past week
Did you read any of the Committed Quitters Stop Smoking Plan materials that were on the Internet?
<input type="checkbox"/> No, none of it
<input type="checkbox"/> Yes, a little
<input type="checkbox"/> Yes, most of it
<input type="checkbox"/> Yes, all of it
How often did you refer to the Committed Quitters Stop Smoking Plan materials that were on the Internet for help?
<input type="checkbox"/> Never
<input type="checkbox"/> Rarely
<input type="checkbox"/> Sometimes
<input type="checkbox"/> Often
<input type="checkbox"/> Very Often
Are you still using your nicotine patches?
<input type="checkbox"/> Yes, every day
<input type="checkbox"/> Yes, most days
<input type="checkbox"/> Yes, some days
<input type="checkbox"/> No
Did you use any other products or aids for quitting smoking a part from the NiQuitin CQ patch? (Choose all that apply)
<input type="checkbox"/> Another nicotine product (e.g., gum)
<input type="checkbox"/> Counselling from a stop smoking advisor
<input type="checkbox"/> Group stop smoking treatment
<input type="checkbox"/> Zyban®
<input type="checkbox"/> A book or leaflet
<input type="checkbox"/> Other
How many packs of each of the patch steps have you purchased as part of this quit attempt?
<u>21 mg 14 day (Step 1)</u>
<u>21 mg 7 day (Step 1)</u>
<u>14 mg 7 day (Step 2)</u>
<u>7 mg 7 day (Step 3)</u>
Did you find the Committed Quitters Smoking Plan material on the Internet helpful in keeping you from smoking?
<input type="checkbox"/> Yes, very helpful
<input type="checkbox"/> Yes, moderately helpful
<input type="checkbox"/> No, not very helpful
<input type="checkbox"/> No, not at all helpful
Did you find the Committed Quitters Smoking Plan material easy to understand?
<input type="checkbox"/> Yes, very easy
<input type="checkbox"/> Yes, moderately easy
<input type="checkbox"/> No, not very easy
<input type="checkbox"/> No, not at all easy
Did you find the Committed Quitters Smoking Plan material relevant to you personally?
<input type="checkbox"/> Yes, very relevant
<input type="checkbox"/> Yes, moderately relevant
<input type="checkbox"/> No, not very relevant
<input type="checkbox"/> No, not at all relevant
Would you recommend this Internet-based smoking cessation program to others wanting to stop smoking?
<input type="checkbox"/> Yes, definitely
<input type="checkbox"/> Yes, probably
<input type="checkbox"/> No, probably not
<input type="checkbox"/> No, definitely not
Do you think you will give this Internet program another try in the future? (question for those who returned to smoking)
<input type="checkbox"/> Yes, definitely
<input type="checkbox"/> Yes, probably
<input type="checkbox"/> No, probably not
<input type="checkbox"/> No, definitely not